



Northern California World Service Region  
Biannual Newsletter



# Nor-Cal Notes and News

June 2010 - #8

Welcome to the seventh edition of the NCWSR Newsletter, "Nor-Cal Notes and News." All Nor-Cal members are welcome to submit notes and news to Connie, *Nar-Anon, Santa Cruz* (saveyoursanity@aol.com).

## NCWSR OFFICERS:

Wendy A.	Oakland	<i>Chairperson</i>
Paula L.	Concord	<i>Vice-Chairperson</i>
Audrey M.	Sacramento	<i>Secretary</i>
Jonnie G.	San Jose	<i>Delegate</i>
Karen J.	Fresno	<i>Alternate Delegate</i>
Ruth B.	Fresno	<i>Treasurer</i>

## Unity Day

September 18, 2010

NA Alameda Area and Nar-Anon Alameda Area

Northern California World Service Region (NCWSR) will host this event.



## *The Power of Unity*

# Monterey Nar-Anon Convention

Portola Hotel and Spa

Two Portola Plaza, Monterey CA 93940

January 21-23, 2011

*Narcotics Anonymous* holds their convention at the same time and place.

Registrations are separate.

Get special hotel rates by calling (888) 222-5851

(Mention MBCNA to get discounted room rate.)

Check out full information at <http://www.mbcna.org/page006.aspx>

☛ Please have your group donate a gift basket for raffle.



Please check our website over the summer to get updated information:

<http://www.naranoncalifornia.org/norcal/>

*We'd love to hear from your group and would love to know what makes your group work; we hope you'll share any ideas or tips that can enhance our experiences too!*

*If you are traveling, please consult our WSO website for meetings around the USA and the world – if you should visit one on your travels, please submit your experience with us. <http://nar-anon.org/naranongroups.htm>*

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## **A Message from the Northern California Regional Delegate:**

### **Delegate's Report for WSC 2010:**

Thank you to all in the NCWSR who voted to send me to Nar-Anon's 2010 WSC in April. It was truly a spiritual experience, not only to attend, but also to see the growth of the WSC since the first one I attended in 2008. We worked through issues, formed new partnerships, and built trust among all the members. We were able to move productively through all motions on the CAR, approve our new LOCAL GUIDE TO SERVICES, and form WSC Committees, which will continue growth through the next 2 years. I am excited about serving again on the H&IPI Committee and the Website committee, as well as becoming chairperson of the newly formed Narateen Committee. There is much work to be done on all committees. Note that *anyone in the fellowship* can serve on any WSC Committee. Please contact me if you are interested on more information.

Some highlights of the conference were:

- 3 pamphlets and 3 service guidelines were approved
- Motion approved to develop a fund-raising project plan for Regions' support of WSC
- Motion approved to produce SESH on audio media
- Financials: USA contributions \$33,052; International contributions \$5,559;
- New Narateen Committee formed
- WSO will be maintaining new database of Regional Boards

I look forward to giving a more detailed report and answering questions at the next NCCWSR Assembly on June 12 in Stockton.

Hope to see you there!

Jonnie G, NCWSR Delegate

P.S. The WSO will start carrying Nar-Anon chips in the near future: check out the Webstore! [http://nar-anon.org/Nar-Anon/Web\\_Store.html](http://nar-anon.org/Nar-Anon/Web_Store.html)

Two types will be available:

- Anniversary Chips from 1 yr. – 20 yrs.
- "Keep Coming Back"

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# **A Message from Karen J. about the Stockton Convention: Held June 11-13, 2010**

Thank you to everyone who attended the convention in Stockton. We had 25 registered! We had some great speakers. I appreciated all the members who worked the registration and took the time to speak. I want to thank Nancy and Bonnie from Stockton area who came and supported us by making the survival kits, speaking and being a secretary for many of our meetings. Thank you to the Oakland/Concord group for helping with the planning and manning the tables, packing up, and just being there. Thank you to our speakers from Long Beach who traveled 9 hours to speak for us Lauren and Jennifer. My last thank you goes to Marie M. who at the last minute was asked to speak on Detachment and she did a great job.

All of you are awesome and really care about this fellowship and the goal that we are there for the newcomers, no matter what. Thank you to the Fresno group that, even though they could not be present at the convention, worked and donated for the bake sales, donated food for the awesome hospitality, and donated baskets and items for baskets. Thank you also to the groups that brought baskets and items for the convention raffle.

Lastly, I want to thank Ruth B. for taking all my phone calls and emails everyday about this convention. Without her for a sponsor, a friend, and a co/chair, I would not be alive and sharing the message of this fellowship. Again, Thank you for all of your help and participation.

In service, Karen J.

*See you at the next convention in Monterey Jan.21, 2010*



## **News from Fresno Area**

The three meetings in Fresno are going well. We also have a Step Study meeting on the second and third Mondays of the month. This is the second time we are starting a Step meeting. The last Step meeting, we had 5 members who finished the Step workshop completely after 9 months.

Visalia has a new representative Michelle. She has moved the meetings to Monday nights in Visalia from 5:30-6:30 at the same location within a recovery center.

Fresno also has been busy with H & I. We have a new chairperson and we are sending two members a month on *Family Night* to a local treatment facility to share about how Nar-Anon has helped them. We try to send one member who has an addicted child and another member who has an addicted spouse, but it

does not always work out that way. They are given an outline to cover and we distribute meeting schedules to give out to the members.

Our *hotline* has been *ringing off the hook* this past month: we are glad to be able to offer meeting information to those who call.

We are looking forward to co-hosting the convention with Oakland in Stockton June 11,12, and 13th as there is no active group currently in that city. Fresno has been raising money to cover expenses for the convention by having bake sales for the past 9 months. Our members make goodies and we sell them outside our meeting room to NA members when there is no birthday meeting.

This past Memorial Day weekend (May 29th) we had a Unity Day with NA. NA approached us and invited us to participate several months ago so we are really excited to be sharing this journey with them and their friends and families.

We just had our first speakers from NA and Nar-Anon speak at a meeting in Oakhurst, California, about 45 miles from Fresno (on the way to Yosemite National Park). We had several questions about Nar-Anon after the meeting.

Karen J.,  
Area Chairperson



## **News from Los Gatos**

### ***Peace and Serenity on Sunday, Los Gatos***

In February of 2004, the “Peace & Serenity on Sunday” meeting was established by Karen M. and Debbie J. at *Faith Lutheran Church* in Los Gatos. Karen’s, husband at the time, started an NA meeting at the same place, which has since moved locations. Both meetings did very well from the start and, in December of that first year, they held a Holiday Potluck/Speaker meeting. About 50 people attended, with a husband from NA and a wife from Nar-Anon as the speakers. This event was so successful it was held again the following year with another great turnout. Eventually, both Debbie and Karen moved out of the area yet both have continued doing service and opening new meetings.

In May of this year, while visiting California to attend the Nar-Anon World Service Conference in San Pedro, Karen M. who is now the President of the Board of Trustees of Nar-Anon, made a surprise visit to the *Peace & Serenity* meeting. Our scheduled speaker was unable to attend at the last minute and Karen agreed to fill in. All in attendance were moved by her story, which is a testament to the power of service in improving our own lives as much, if not more than the lives of those we serve.

Liz F.  
Group Rep.

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## News from Oakland

At the Monday night Nar-Anon meeting in Oakland, CA, we were asked if we would write an article for our online NCWSR newsletter. It took me a day to think about it and wonder what *strength and hope* I could give to the newcomers.

I have been coming to Nar-Anon for around twenty-five (25) years. My daughter was one of the qualifiers who brought me to Nar-Anon. She was in an abusive relationship and drugs were involved. I obsessed about her constantly and was always afraid that the next phone call would inform me of her death. I was addicted to my children: when they were happy I was happy; when they were sad I was sad. I went with them through their difficult times and suffered as much as they did. When they hit their bottoms I hit my bottom also.

I attended the six (6) suggested meetings and I still did not get the answers to how to fix my children, but I kept coming back and, in time, I got a lot of answers and knowledge about how to fix me. I learned I couldn't change anyone but myself. As for the addicts, I learned to change my attitude towards them. They did not ask me to worry about them; I choose to do that myself.

I knew I had to change. I had a lot of bad habits I needed to get rid of. It was not easy to make these changes in my life especially at my age (60+) I had to first, **recognize** the bad habits, then **release** them and finally **replace** them. I also understand I will be doing this for the rest of my life.

I found some *tools of the program* that helped me cope with my situation. I kept attending meetings and read the literature. I use the three (3) D's now when making decisions:

- Have the **desire**
- Have the **determination**
- Have the **discipline** to carry it out

My addicts are now clean and sober, but I continue to go to meetings to help me keep the peace and serenity the Nar-Anon program has given me. This Nar-Anon program works if you work it.

Martha,  
Oakland, CA

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# News from Santa Cruz

The central coast is growing Nar-Anon meetings left and right! Late last year we had the **Seaside** group start up and then early in 2010, **Monterey** started up. With all that recovery being offered, it inspired us to starting up a new meeting in **Aptos** (about 6 miles south of Santa Cruz) in early June, 2010. We are fortunate to have all these groups start up just in time to start planning for our upcoming *Monterey Convention* next January (2011), which is hosted by the **Greater Bay Area** (GBA) and now has meetings as far north as San Bruno and as far south as Monterey.

Our Santa Cruz group is still going strong and welcomes newcomers on a weekly basis. We kept hearing that many had difficulties making it to Sunday meetings, so we started discussing the possibility of starting a new meeting mid-week: now we have one on Wednesdays! It has been a whirlwind of planning and many Santa Cruz members stepped up to help start the new meeting. We are excited to offer two opportunities for recovery each week in our community and hope another meeting will come along in the future for our mountain community.

As always, if you're ever in our beautiful area, please join us for an evening of fellowship and uplifting support!!!

*Connie,  
Group Rep.*



# News about Narateen

## Has Nar-Anon Helped You? Would you like to give that gift to your child?

Narateen is a fellowship for young people ages 12-20 who have been affected by a loved one's abuse of drugs. The meetings, patterned after Nar-Anon ideas, Narateen can help kids learn how others in their peer group have coped with family addiction and have let go of trying to control others. They learn that addiction is a disease, and that it is *not* their fault. By changing their way of thinking, kids can find a new way to live.

Narateen meetings are usually held at the same place, day and time as Nar-Anon meetings. They are sponsored by Nar-Anon members who use the steps, traditions, and concepts to guide members in establishing a group's structure, election of officers, planning programs, administering funds, and ordering literature.

Please see [www.nar-anon.org](http://www.nar-anon.org) for meetings in your area. If there are no existing meetings, and you would like to start one, please contact the World Service Office (WSO) for more information: [naranonWSO@gmail.com](mailto:naranonWSO@gmail.com) or 800-477-6291.

Jonnie G.



# **A personal message from Jonnie G. (Los Gatos)**

*(Jonnie wrote to the Editor of the Morgan Hill Times, which was published.)*

**Nar-Anon is a valuable tool for help in dealing with addicts.**

Dear Editor,

I am a member of *Nar-Anon Family Groups* – a 12-Step program for families and friends of addicts. As the mother of an addict, who began her addiction with her first hit off a meth pipe at age 13, on a school day afternoon: the next eight years were filled with heartache, anger, fear and total frustration as I used desperate measures to keep my daughter alive. Nothing I did to help her worked, including four hospitalizations in various treatment facilities, therapy, medication and many insane attempts to control and fix her.

I had grown up around recovery; attending other 12-Step meetings at 21 because my father was in recovery after 30 years of alcoholism; therefore, I had been practicing the principles of recovery, although not perfectly, for many years.

When I found out about Nar-Anon, for families of addicts, the message was clearer as I heard my story in the rooms, and was able to distinguish the differences between boundaries as a parent and those of dealing with an addict. As my boundaries took hold, I *detached with love* and *let go* of my daughter, finally refusing to let her live under my roof until she was in recovery. The point was that all my attempts to help were hurting us both, and I was caught up in the insanity until I admitted I was *powerless* and was able to *let go*.

Months later, she asked to return to treatment: she chose to stay clean and sober from that point on, *one day at a time*. Today, my daughter has celebrated more than six years of recovery. She is on her own path: grateful to her program and doing service to help others.

I have become very active in service in Nar-Anon. Just as NA helps those addicted to drugs, Nar-Anon helps those living in the insanity of being addicted to helping the addict. For more information, got to [www.nar-anon.org](http://www.nar-anon.org).

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Jonnie G.



# A Poem

## Let Go

Let go: does not mean to stop caring, it means I can't do it for someone else.  
Let go: is not to cut myself off, it is the realization I can't control another.  
Let go: is not to enable, but to allow learning from natural consequences.  
Let go: is to admit powerlessness, which means the outcome is not in my hands.  
Let go: is not to try to change or blame another, it is to make the most of myself.  
Let go: is not to care for, but to care about.  
Let go: is not to fix, but to be supportive.  
Let go: is not to judge, but to allow another to be a human being.  
Let go: is not to be in the middle arranging all the outcomes, but to allow others to affect their own destinies.  
Let go: is not to be protective, it is to permit another to face reality.  
Let go: is not to deny, but to accept.  
Let go: is not to nag, scold, or argue, but instead to search out my own shortcomings and to correct them.  
Let go: is not to adjust everything to my desires, but to take each day as it comes, and to cherish myself in it.  
Let go: is not to criticize and regulate anybody, but to try to become what I dream I can be.  
Let go: is not to regret the past, but to grow and to live for the future.  
Let go: is to fear less and to love more.

- *Anonymous*



## Notes from the Nor-Cal Regional Convention Held April 2-4, 2010

This was the largest Nor-Cal convention yet. We had 59 registrants and many other guests attending. We had meetings all afternoon and into the evening on Friday, all day on Saturday (in both rooms simultaneously), and had our closing meeting on Sunday morning.

At this year's raffle we had many awesome prizes and donated items that included an indoor sky diving gift certificate for two.

All registration table helpers were awesome. The turnout was amazing and so loving. NA representatives offered support throughout the entire convention, which made our convention easier to plan and hold.

Thank you to all who participated!

- **Ronnie B. – Convention Chair**

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## Nor-Cal Meetings are *currently* offered in:

Aptos (New)	Oakland	Santa Clara
Concord	Redwood City	Santa Rosa
Fresno	Santa Cruz	Seaside
Gilroy ( <i>Narateen too</i> )	Sacramento	Sebastopol
Los Gatos	San Bruno	Union City
Modesto	San Francisco	Visalia
Monterey (New)	San Jose	

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Please consult the Nor-Cal Website [www.naranoncalifornia.org](http://www.naranoncalifornia.org) and/or the WSO website [www.nar-anon.org](http://www.nar-anon.org) for detailed information and contact information.

If you're interested in starting a new meeting in your area, please contact our **World Service Office** <http://nar-anon.org/contactus.htm> and attend your nearest Nar-Anon meeting for support. You may also contact our Northern California Chairperson, Wendy A. @ [alfsenwendy@yahoo.com](mailto:alfsenwendy@yahoo.com) or 510-684-5705.

The next edition is planned for some time in January 2011....please send your submissions to Connie ([saveyoursanity@aol.com](mailto:saveyoursanity@aol.com)) by December 31st.

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## Northern California Website Webmaster - Judith

Please send all new meeting information or changes in existing meetings to her e-mail address (along with sending it to the WSO): [jambo2me@hotmail.com](mailto:jambo2me@hotmail.com)

